

# HEAT STRESS AWARENESS

UCCS Environmental Health and Safety  
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Heat illness is a very serious issue, especially in the summer months. It is preventable if the proper steps are taken and the symptoms are identified early.



## Heat Rash

Cause: Hot, humid environment and plugged sweat glands

Symptoms: Red, bumpy rash with severe itching

Treatment: Leave the hot environment, rinse and dry rash and change into dry clothes.

## Heat Cramps

Cause: Lack of salt and water in muscles

Symptoms: Muscle Spasms and pain usually in the abdomen, arms or legs

Treatment: Rest in shade, drink water, break from strenuous work, and seek medical attention if cramps do not subside

## Heat Exhaustion/Stress

Cause: Body's water and salt depleted, and body's cooling system breaks down

Symptoms: Heavy sweating, fever, weak pulse, tiredness, rapid breathing and blurred vision

Treatment: Medical aid, move to shade, drink water, and spray with cool water

## Heat Stroke

Cause: All available water and salt used up – sweating stops causing rise in body temp

Symptoms: High body temp, weak and confused, hot red skin, fast pulse, fainting or convulsing.

Treatment: Medical aid immediately, remove from heat, give sips of water, and remove excess clothing.

# PREVENTION

## How to Protect Yourself and Others

- Avoid the sun and hot areas as much as possible
- Take frequent breaks, indoors if possible
- Use sunblock and reapply every few hours
- Cover up with a long sleeve shirt and hat
- Increase fluid intake
  - Avoid alcohol, caffeine, and diuretics such as coffee and tea
- Reduce physical activity
  - Try to schedule strenuous work during cooler times of the day
- Use buddy system to look for symptoms



## Other Resources

OSHA-NIOSH Heat Safety Tool App

<https://www.cdc.gov/niosh/topics/heatstress/>

<https://www.osha.gov/SLTC/heatstress/index.html>

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